

Controlemos y prevengamos la diabetes

Materiales y recursos para prevenir y controlar diabetes



7 principios para controlar la diabetes para toda la vida (NDEP-18)

Spanish version of the *7 Principles for Controlling Your Diabetes for Life*. **First 25 copies free.** Each additional package of 25, \$5. Limit two packages.



Si tiene diabetes, cuide su corazón (If You Have Diabetes, Take Care of Your Heart) (NDEP-58)

An easy-to-read, bilingual (Spanish and English) brochure that explains the link between diabetes and heart disease for Hispanic and Latino Americans.. A detachable wallet card allows patients to track these target numbers (published 09/02). **First 25 copies free.** Each additional package of 25, \$5.



Si tiene diabetes, cuide su corazón, Presentación en rotafolio (If You Have Diabetes, Take Care of Your Heart, Flipchart Presentation) (NDEP-58FC)

This bilingual presentation tool makes it easy to educate Hispanic and Latino Americans about the link between diabetes and heart disease. The presentation includes easy-to-understand illustrations accompanied by a scripted presentation (in Spanish and English). Each flipchart also includes two copier-ready handouts (published 5/03). **Single copy free.** Each additional copy, \$4. Limit five copies



El poder de controlar la diabetes está en sus manos (NDEP-39)

Spanish version of *The power to control diabetes is in your hands* brochure. **First 25 copies free.** Each additional package of 50, \$5.



El poder de controlar la diabetes está en sus manos, Afiche (NDEP-41)

This striking two-color poster conveys the importance of regular self-monitoring of blood glucose levels and explains Medicare coverage of diabetes-testing equipment and supplies (published 1/01). Spanish-language version of NDEP-40. **Single copy free.** Each additional package of 25, \$5.



Expansión de la cobertura de medicare para los servicios de diabetes (NDEP-77SP)

Spanish version of the Expanded Medicare Coverage of Diabetes Services fact sheet. Provides information on the latest diabetes benefits covered by Medicare Available in English. **First 25 copies free.** Each additional package of 25, \$5. Limit two packages.



Cuide sus pies durante toda su vida (NDEP-48)

Spanish version of *Take Care of Your Feet for a Lifetime*. This illustrated booklet helps you care for your feet and provides tips to help you avoid serious foot problems. **First 25 copies free.** Each additional package of 25, \$5. Limit two packages.



Movimiento Pos Su Vida (NDEP-62CD)

This is a music CD created to help Hispanics and Latinos incorporate more movement into their lives. It is a fun reminder that diabetes can be controlled AND prevented by integrating MOVIMIENTO into life. This music CD could be used to encourage individuals or groups to exercise. **Single CD free.**



Recetas y plan de comidas (Recipe and Meal Planner Guide)

(NDEP-51)

This bilingual ([English](#) and [Spanish](#)) meal planner is complete with recipes for every day of the week and tips to control diabetes deliciously. Appetizing food photography and a practical design make the meal planner a terrific addition to any kitchen (published 7/01). Available on-line only.



¿Corro el riesgo de que me de diabetes tipo 2?

Are you at risk for developing type 2 diabetes? Find out more about the risk factors for type 2 diabetes and what you can do to prevent or delay the onset of the disease. You'll also learn about the condition called "pre-diabetes," which puts people at high risk for diabetes. **First 25 copies free.** Each additional package of 25, \$5.



Paso a Paso Tip Sheet

(NDEP-72)

This bilingual tip sheet (Spanish and English) provides information and ideas to help Hispanic and Latino Americans prevent diabetes, Paso a Paso. **First 25 copies free.** Each additional package of 25, \$5. Limit two packages.



Food and Activity Tracker

(NDEP-70)

One of the most successful techniques for losing weight is to write down everything you eat and drink and to figure out how many calories and fat grams you consume every day. Use this tracker to record your food and drink intake, as well as the time you spend on physical activity. Print out copies of the tracker and put them in your purse or pocket. Keeping track of your progress will help you reach your weight loss and activity goals. Available on-line only



Consejos para ayudarlo a sentirse mejor y a mantenerse saludable

(NDEP-85)

Spanish version of Control Your Diabetes. For Life. Tips for Feeling Better and Staying Healthy. This tip sheet provides an action plan for diabetes control that includes tips for knowing blood sugar levels, reaching blood sugar goals, and maintaining blood sugar control. **First 25 copies free.** Each additional package of 25, \$5. Limit two packages.

All our publications are free of copyright, and many are on the web at www.ndep.nih.gov. Please duplicate and distribute as many copies of these materials as you like.

National Diabetes Information Clearinghouse
1 Information Way, Bethesda, MD 20892-3560
Phone: 1-800-860-8747 (for bulk orders or CDs) or 1-800-438-5383 (for no cost orders)
Fax: (703) 738-4929
Email: ndic@info.niddk.nih.gov



The National Diabetes Education Program is jointly sponsored by the National Institute for Diabetes and Digestive and Kidney Diseases at the National Institutes of Health and the Division of Diabetes Translation at the Centers for Disease Control and Prevention.

